Wednesday December 14, 2022

6PM Workout Start, Arrive earlier to warm up

Workout will be held at Lake Washington H.S. - 12033 NE 80th St, Kirkland, WA 98033

1 Lap = 400 Meters; 2.5 Laps = 1000 Meters

Workout:

5 X 1000 Meters; Recovery = Jog 600 Meters

**** Group 13 and above, run 4 or 5 X 800 Meters at same pace per lap**

1 Lap = 400 Meters; 2.5 Laps = 1000 Meters

	Current Race Times				Workout Pace			
Group #	5K	10K	Half-Marathon	Marathon	1000	800	(per lap)	
1	14:00	29:20	1:05:06	2:16:46	2:48	-	1:07	
2	15:00	31:27	1:09:54	2:26:59	2:59	-	1:11	
3	16:00	33:35	1:14:43	2:37:15	3:10	-	1:16	
4	17:00	35:43	1:19:33	2:47:35	3:22	-	1:20	
5	18:00	37:52	1:24:24	2:57:59	3:33	-	1:25	
6	19:00	40:01	1:29:17	3:08:27	3:44	-	1:29	
7	20:00	42:09	1:34:10	3:18:59	3:55	-	1:34	
8	21:00	44:19	1:39:05	3:29:35	4:06	-	1:38	
9	22:00	46:28	1:44:02	3:40:14	4:18	-	1:43	
10	23:00	48:38	1:48:59	3:50:58	4:29	-	1:47	
11	24:00	50:48	1:53:58	4:01:45	4:40	-	1:52	
12	25:00	52:58	1:58:57	4:12:37	4:51	-	1:56	
13	26:00	55:09	2:03:59	4:23:33	-	4:02	2:01	**
14	27:00	57:19	2:09:01	4:34:32	-	4:11	2:05	**
15	28:00	59:30	2:14:05	4:45:36	-	4:19	2:09	**
16	29:00	1:01:42	2:19:10	4:56:45	-	4:28	2:14	**
17	30:00	1:03:53	2:24:16	5:07:57	-	4:37	2:18	**
18	31:00	1:06:05	2:29:24	5:19:14	-	4:46	2:22	**
19	32:00	1:08:17	2:34:33	5:30:35	-	4:55	2:27	**